

# GET OUT *and Play!*

## ON THE FRENCH BROAD RIVER

Whether you are stepping into your boat or board for the first time or have logged enough hours on the water to rival the guides in the Valley, having a little back-pocket information is key. Here is some simple information about some of the Tennessee River Valley's best paddles—where to show up, how to get there and what to bring along for the ride.

One of the most amazing things about the Tennessee River system and its tributaries is how easy it is for you to get to places to relax and play. As part of our mission of service, TVA manages its public lands and waters to support recreation so that the Tennessee Valley remains one of the best places in the country to live, work and play.

## THE FRENCH BROAD RIVER

The French Broad River is the third oldest river in the world and is a part of the Tennessee River Valley system. With its headwaters in North Carolina, the river is 228 miles long in its entirety, including 102 miles within the state of Tennessee. It joins the Holston River in Knox County above Knoxville, where it then becomes the Tennessee River.

On this East Tennessee portion of the river, you'll enjoy the easy-going, scenic beauty as you travel through pastoral countryside and bluff-lined shores. Paddling and fishing are very popular activities, and there are opportunities for hiking in Seven Islands State Park, Forks of the River Wildlife Management Area and Trotter Bluff Small Wild Area, which were set aside by TVA to preserve its unique environment for amphibians and wildflowers.

There are currently five access points along the French Broad from Douglas Dam to the head of the Tennessee River, but expect more to come as conservation efforts and community momentum are securing more resources for the public to enjoy. Assuming a 3 mile/hour average speed, you could enjoy short stretches of the river in an afternoon. There are camp grounds along the French Broad River, including Douglas Dam Headwater and Douglas Dam Tailwater campgrounds.

## TVA PUBLIC LANDS

The public lands entrusted to TVA for stewardship are available for hiking, birdwatching, camping, fishing, hunting and other informal recreational pursuits. You just need to remember that camping is allowed for up to 14 days, and that you need to follow state hunting seasons and regulations. Also, motorized vehicles, cutting or removing vegetation or removal of cultural artifacts are not allowed on TVA public lands. For more information visit [www.tva.com/publiclandrules](http://www.tva.com/publiclandrules), or call the TVA's Public Lands Information Center at (800) TVA-LAND (toll-free).

## BE A GOOD STEWARD

The French Broad River is known for its clean water and pristine rural shorelines. Here's how you can play a part in keeping the river beautiful:

- **Stay on the path.** Shorelines are fragile ecosystems; please restrict launching and landing to designated areas only.
- **Leave no trace behind.** No littering—whatever you pack in, pack out.
- **Look, don't touch.** Do not disturb any natural or cultural resources you may encounter.
- **Respect private property.** Do not trespass above the high water mark.
- **Be a happy camper.** Camp only in designated areas.
- **Don't play with fire.** No campfires unless otherwise stated.



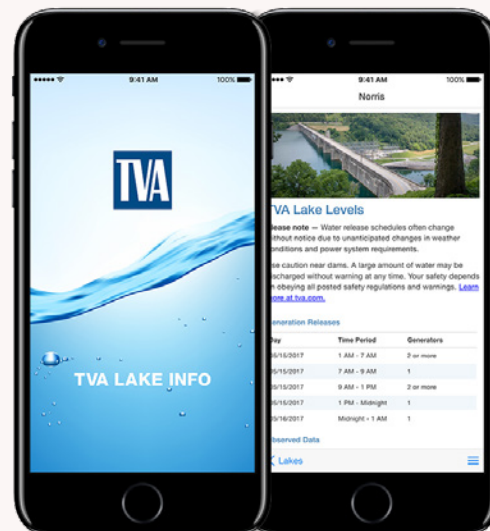
## TVA'S DAMS

The French Broad River is a major tributary to the Tennessee River, and the river system drains a large area of over 4,000 square miles including some of the steepest and highest terrain in the eastern United States. Flows from the French Broad help support water quality immediately below the dam but also for hundreds of miles along the main-stem Tennessee River. The Tennessee Valley Authority provides flood control, hydroelectric power and other benefits by managing the flow of the French Broad River through the operation of Douglas Dam.

When paddling near a dam, please know: Water release

### Trip Essentials

- ☐ Map
- ☐ Whistle or other sound signaling device
- ☐ Certified life jacket for each person
- ☐ Photo identification
- ☐ Drinking water (no glass, please)
- ☐ Flashlight
- ☐ First aid kit
- ☐ Insect repellent and sunscreen
- ☐ Extra clothes and waterproof bags
- ☐ Mobile phone (coverage subject to availability)
- ☐ Camping supplies, if camping
- ☐ Fishing license, if fishing
- ☐ Other personal items as needed



schedules can change without notice due to unanticipated changes in weather conditions and power system requirements. The depth and swiftness of the river can change rapidly. Your safety depends on obeying all posted safety regulations and warnings. Information about the generation releases from Douglas Dam can be found on TVA's Lake Info app or TVA's website at [www.tva.com/Environment/Lake-Levels/Douglas](http://www.tva.com/Environment/Lake-Levels/Douglas). Or you can call (800) 238-2264 (toll-free) and select option 4 for predicted unit schedules and 07 for Douglas information by phone.

## PADDLE POINTERS

Follow these 12 tips to help keep your next paddle trip safe:

**Know Your Limits**—Paddle water that is appropriate to your skills. Not sure about where to find it? Talk to a local paddle shop owner about good places to paddle for every skill level.

**Keep an Eye on the Weather**—Storms can spring up quickly in the south bringing lightning, high winds and choppy water. Point your bow toward shore whenever you hear thunder, no matter how distant.

**Follow the Law** for recreational vessels of the United States.

**Bring Flotation**—Always wear a Coast Guard-approved lifejacket, type two or three at minimum. Children under 12 years of age must wear a lifejacket.\*

**Wear a Helmet**—If you fall in, a helmet can protect your head from hard or sharp objects that may be lurking below the surface.

**Watch for River Hazards**—Watch for fallen tree limbs, barbed wire, bridge piers and other hazards that can snare or entangle you.

**Be Visible...and Audible**—Keep alert to other boats. If you believe another boat has not seen you, blow your whistle\* and wave your paddle to alert the other boat. A flashlight\* is required if you plan to paddle after sunset.

**Dress for Success**—Wear clothing sufficient to prevent hypothermia and/or sunburn.

**Wear Sunscreen**—The CDC recommends applying a sunscreen with a SPF of at least 15 to help prevent sunburn and skin damage.

**Don't Paddle Alone**—Paddling is an activity that is always better with friends and family, anyway.

**Never Drink and Paddle**—Alcohol impairs coordination and judgment.

**Communicate Your Plan in Advance**—Plan ahead, and let someone who's not going to be aboard know your paddling agenda. Be aware that some sections of the river may have no cell phone service.

\*U.S. Coast Guard Requirement

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# FRENCH BROAD RIVER



**DISCLAIMER:** The featured map is for illustrative purposes only and is not intended, and should not be relied upon or to provide accurate locations, directions or data. Paddle at your own risk. Fallen trees, built structures, and other hazards are present in the water throughout the French Broad River Blueway system. Be alert to weather conditions, water levels and river traffic. Know your abilities. Boating involves some risk of drowning, injury, or death. TVA is not responsible for your personal safety or for your vehicle, and is not liable for injury to you or damage to your vehicle, boat or personal property.